

The Stomach Acid Checklist

Match the symptoms, clear the medicines, then decide.

1 Match your symptoms against the real list

The list you matched may not be the right one.

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| ☐ NIDDK names pain, burning or discomfort in the upper abdomen as the core symptom. | ☐ Feeling full too soon, bloating, nausea or belching sit on the same list. |
| ☐ Heartburn and indigestion are two separate conditions, and NIDDK says so plainly. | ☐ Write down what you ate and how fast for seven days before you change anything. |

2 Check the medicines before the supplements

Some of these are already on your shelf.

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| ☐ NIDDK names certain antibiotics, NSAIDs, iron supplements and steroids among the causes. | ☐ Bone medicines and GLP-1 medicines are on that same list. |
| ☐ Bring every bottle, prescription and over the counter, to your next visit. | ☐ Never stop a prescribed medicine on your own to test this. |

3 Know the signs that need a doctor now

These do not wait for a supplement trial.

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| ☐ See a doctor right away for pain in the chest, jaw, neck or arm. | ☐ Trouble swallowing, frequent or bloody vomit, or black tarlike stools need help now. |
| ☐ Yellowing of the eyes or skin, shortness of breath, or severe constant abdominal pain. | ☐ MedlinePlus says see a provider if it lasts more than two weeks. |

Most chronic indigestion is diagnosed as functional dyspepsia, a disorder of how the gut and brain interact, which no capsule diagnoses for you.

4 Add acid support after the first three

Last step, never the first guess.

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| ☐ Only once the symptom list, the medicine list and the red flags are handled. | ☐ Take it with the meal it is meant to help, not on an empty stomach. |
| ☐ Stop and call your clinician if it burns; that is information, not a target. | ☐ ODS notes the FDA does not determine whether supplements are effective before sale. |

THE ONE WE USE

Thorne Betaine HCL & Pepsin

Digestive support with every amount printed on the label.

Shop the bottle →

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